



16th October, 2024

Dear Parents,

Your child may have already or will be about to go through puberty. This is a time of rapid growth which involves many changes.

To support you as the primary educator of your child in this sensitive area of development, our school will be hosting a puberty parent night on the 23rd of October 2024 at 6:00 pm.

This parent night will be for you and your child to attend via Zoom and will be facilitated by a qualified Family Life Educator using the program *Things Are Changing*.

(Zoom link - <https://us02web.zoom.us/j/83534723091>)

*Things Are Changing* is the endorsed resource by the Bishop and Catholic Schools Office of this Diocese. The parent night will run for 60 minutes and will cover the following:

What puberty is: hormones, time of intense growth.

- The general changes that happen during puberty: hair, body odor, body shape and perspiration.
- The male and female reproductive system.
- The female cycle of fertility: menstruation.
- Emotional changes that occur.

We do not cover conception and sexual intercourse in this session.

At the conclusion of their parent night you will receive a link to a digital parent pack. This parent pack contains a video, a parent book and a student workbook.

The purpose of these parent packs is to support you as you continue the conversation with your child. Your child will be encouraged to talk to you about growing up and to ask you questions.

Please contact me if you have any questions or would like to discuss this information.

With kind regards,

Ms Dermody, Mr Holmes and Miss Sharp

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